

REGISTRATION FOR MARCH 2026 MEALS & PROGRAMS

Please complete the information below. FULL NAME (please print): _____

Date & Time: _____ Preferred Phone w/area code: _____

PROGRAM REGISTRATION: Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs.

Creative Arts:

- Crafts w/Lisa (Monday, March 30 - \$20, 2-4pm)
- Jewelry Making w/Deb (Monday, March 23 - \$5, 1-3pm)
- Pop-up Craft with Becky (Monday, March 13 - \$10, 1-3pm)

Education & Health:

- American Sign Language (Mon., March 16 - free, 11:15am - 12:15pm)
- Grief Support Circle (Tuesday, March 17, 24, 31 - free, 1-2:30pm)
- History of Ogunquit Playhouse (Wednesday, April 1 free, 10-11am)
- Matter of Balance (every Tues. & Thurs. in April free, 1-3pm)
- Monthly Foot Clinic w/Sandy (Monday, March 23 - \$35, 9-11am)
- Nova Scotia Trip Meeting (Friday, March 27 - free, 11am)
- Tech Help (Thursday, March 12 - free, 11am-2pm)
- RTR Fitness Presentation (Monday, March 9 - free, 10-11am)
- Taddei Talks (Monday, March 30 - free, 10-11am)

Exercise:

- Activity Punch Card (\$5/class 5 punch cards - \$25.00)
- Activity Punch Card (\$5/class 8 punch cards - \$40.00)
- Jacki Sorensen's Aerobic Dance (see Scoop for details)

Sports:

- Candlepin Bowling (Tuesday, March 17 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- F1 Go Kart Racing (Monday, March 30 \$90.00 - 8am-3pm)
- White Pine at Zach's Farm, (Monday, March 16 - free, 10-11:30am)

Trips:

- Dinner Out - Warren's Seafood, Kittery (Thursday, March 12 - \$5, 3:00-7:30pm)
- Andy Cooney's Irish Celebration, Danversport, MA (Tuesday, March 10 - \$130, 10:30am-5pm)
- Parker's Maple Barn, Mason, NH (Thurs., March 26 - \$30, 7am-4pm)

Other Programs:

- Adventure Club Meeting (Wednesday, March 4 - free, 1-2pm)
- BINGO w/Art (Friday, March 20 - free, 1-3pm)
- BINGO w/Scott (Friday, March 6 - free, 1-3pm)
- Book Club (Monday, March 9 - free, 10-11:30am)
- CAL Gals Club (Wednesday, March 11 - free, 1-3pm)
- CAL's Vintage & Vinyl Café (None for March)
- Fair Meeting (Wednesday, March 4 - free, 3-4pm)
- Game Day-Concentration (Wednesday, March 18 - free, 1-3pm)
- Karaoke (Friday, March 27 - free, 1-3pm)
- Late Night at CAL (Tuesday, March 31 - free, 4-7pm)
- Movie Monday (Monday, March 2 - free, 1-3pm)
- Peace of Mind (Wednesday, March 18 - free, 10:30am-noon)
- Sing Along (None for March)
- Social Club Monthly Meeting (Wednesday, March 4 - free, 2-3pm)
- Ukulele Class (Thursdays - \$10/month, 10-11am)

Special Events:

- Karaoke Workshop (Wednesday, March 25 - \$10, 1-2:30pm)
- 3 Shades of Grey (Thursday, March 19 - free, 1-3pm)
- Spring Easter Party (Friday, April 3 - free, 1-3pm)
- Chain Saw Sculpture (Tuesday, April 7 \$15, 10:30am-4pm)

First & Last Name: _____ Pick-up: _____ Delivery: _____ Dessert: ___ regular ___ sugar-free

Town of York – Center for Active Living – Lunch Menu March 2026

Registration: Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If you need to cancel a meal, to obtain a User Credit, please cancel two days in advance.* Meals are limited to one per person. We ask for a \$7.00 donation for each meal. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - \$2.50; 10 muffins - \$5.00)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6
NO LUNCH	NO LUNCH	NO LUNCH	NO LUNCH
Muffin:	Muffin:	Muffin:	Muffin:
10	11	12	13
Vegetable Pasta Primavera In a Cream Sauce Italian Bread	Homemade Beef Stew Vegetable Roll	Mild Chicken Burrito Seasoned Pinto Beans Veggie Stix	Italian Haddock w/ Zucchini & Tomato Pasta in Red Sauce
Muffin: Peach	Muffin: Maple Walnut	Muffin: Blueberry Corn	Muffin: Lemon Yogurt
17	18	19	20
Corned Beef & Cabbage Potato and Vegetable Roll	Country Chicken Rice Pilaf & Vegetable Roll	Cheeseburger Macaroni Casserole Vegetable Roll	New England Clam Chowder Tuna Melt Sandwich Pickle
Muffin: NO MUFFINS	Muffin: Raspberry Choc Chip	Muffin: Sweet Cranberry	Muffin: Orange
24	25	26	27
BBQ Chicken Breast Potato Salad Cole Slaw	Roasted Pork w/Gravy Mashed Potato Vegetable Roll	Turkey Tetrazzini w/ Pasta & Mushrooms Vegetable Italian Bread	Baked Haddock Au Gratin Brown Rice Vegetable
Muffin: Choc Chip	Muffin: Honey Corn	Muffin: Mixed Berry	Muffin: Sweet Potato
31	April 1	2	3
Cheese Ravioli In Red Sauce Vegetable	Chicken Pot Pie w/ Potato Vegetable	Ham Italian Sub Chips & Pickle	Shrimp Noodle Casserole w/ Peas & Onions Vegetable
Muffin: Banana Choc Chip	Muffin: Blueberry Bran	Muffin: Applesauce	Muffin: Lemon Poppy